

Small boxing handbook 3 by JJefArt
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Throwing punches to the body forces an opponent to ground defence
Especially the liver and side blows and low body abdominal blows
While throwing punches to the head might open up the body
-This can be used greatly

Tip:
The uppercut is hard to defend to

A slick boxer
If you've watched a slick boxer for 1 or 2 minutes you'll notice he tilts his back
around every minute to a different pose

Types of counter punchers

Passive Counter Puncher:

- He only throws one counter and then runs
- Always throwing hard counters
- Will swing at anything that comes too close
- doesn't seem comfortable/relaxed
- He seems overly defensive even when you're throwing lighter punches

Aggressive Counter Puncher:

- Likes to test with lighter punches
- He waits calmly, sometimes standing still, sometimes moving laterally
- He's sometimes stalking you to force the opponent into making a panic move
- He doesn't look scared when he's standing perfectly still
- Always targeting specific areas

To defeat a counter puncher:

- Apply constant pressure, most counter punchers don't like constant pressure
- As they like to make clean exchanges
- Throw a mixture of hard and soft punches at the body and the head and mix it up
- And don't give any room to move

Extra on the infighter

Boxer-Puncher, Swarmer, In-Fighter, Inside Fighter

These fighters look for that knockout by breaking down their opponent through making combinations

They fight primarily in close range, applying constant pressure to close the gap and make way for punches

An infighter must be well rounded in offense and defense

They can get in and out when needed, they have good-great power, stamina and great defensive bobbing and weaving

Getting inside creates opportunities for these fighters

They can attack the body, diminish the power of an opponent's jab or cross, they can get an opponent trapped in a bad spot

And deliver vicious uppercuts

Which are hard to block

An effective strategy is clinching to open up a hole and then throw an uppercut

Defeating an infighter or swarmer

Can be done by pivoting as infighting relies on constant forward aggression

And pivoting can put the opponent off balance

Fake a retreat by stepping back and then suddenly forward again or throw a hard punch

By counterpunching

Defeating a brawler or slugger

Most brawlers don't have a lot of stamina so making them move or increase the pace can be a very effective strategy

Most brawlers fight at medium range

Don't get stuck in the corner

While circling around use your jab and cross these quick punches

can be given quick and you can move away quickly

Because brawlers punches are big and slower

they are susceptible to counterpunches if you can make them miss

Defeating an outfighter

Beat an outfighter by working his arms

This can be done by landing lots of blows to a fighters shoulders and upper arms

Work his body

There is a saying in boxing that goes "No abs, no legs; no legs, no fight."

What this means is that if you work an opponent's body

their footwork suffers as a result. And a boxer without footwork is a losing fighter

Because outfighters rely on their legs and movement

working their body is another way to eliminate their strengths

Avoid the jab by constant head movement

Take a hit to gain the advantage or to go in

Balanced, mixed and hybrid selfmade styles

These fighters mix make and match styles to fit

their need and what they want to accomplish between the bounds of the ring.

Some fighters will use several styles to throw off their opponent and gain an advantage

It's probably best to have sparred at least once to all textbook styles and some mixed and hybrid styled boxers just to be prepared

It can happen you face around your own fighting style

For example it can happen that as a counter puncher you face another counter puncher

This can be a very awkward match

If you know what opponent you are going to face and what style(s) or strategy(s) he uses

You might want to spar to some one who does around the same to prepare for the match

Some times it happens that an opponent or sparring partner has his right leg

in front while you have your left leg in front the one with the right leg
in front will be used to fighting left legged forwarded oppononents but you
will probably not be used to fighting right legged forwarded oppononents
It can be good to spar to some one who has his right leg in front just to be prepared
and as extra experience

It can be good to like once in a month put your right leg in front in stead of you left leg
or your left leg in front instead of your right leg in front and do some (heavy) bag work
sparring or just punching the mitch or some one elses boxing gloves or do some shadow boxing

Throwing punches with different rhythms can confuse oppononents
You can use different rhythms to make your attacks more effective

Punching rythems

The - means it's given as fast possible after the other punch

The space means there is a small, very small pause.

1-2

1-2-3

1-2-3-4

1-2-3-4-5

1-2 3

1 2-3

1-2-3 4

1 2-3-4

1-2 3-4

1 2-3 4

1 2 3-4

1-2 3 4

1-2 3-4-5

1 2-3-4-5

1-2-3 4-5

1-2 3 4 5

1 2-3-4 5

Sometimes the small pause is created because of the preperation for a power punch.

If you are seeking for openings in the guard

you sometimes make these punching rythems automatically.

Train hand speed for faster punches

Punching out a candle flame is also a great way to develop speed and power

This can be done by jabbing and normal direct punches

If it gets to easy blowing out one candle with a punch 2 candles or even 3 or 4 candles
can be put up after each other

(my personal record is 4 candles in one punch with my right hand around 2011-2012,
There's a video of it on youtube)

And be carefull not to burn anything down...